

STARTER & SNACK

Soft Buttery Date Drops

5 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
105 min	60 min	15 min	48	\$0.22	112 kcal

Soft Buttery Date Drops could be just the lacto ovo vegetarian recipe you've been looking for. This recipe serves 48 and costs 22 cents per serving. This hor d'oeuvre has 129 calories, 1g of protein, and 3g of fat per serving. 1 person has made this recipe and would make it again. It is brought to y...

Ingredients

☐ ¾ teaspoon baking powder	☐ ¾ teaspoon baking soda
☐ 1 cup packed brown sugar	☐ 6 tablespoons butter
☐ 2¼ cups confectioners' sugar	☐ 48 pitted dates
☐ 3 egg yolks	☐ 2¼ cups all-purpose flour
☐ 5 teaspoons milk	☐ 24 pecan halves, split lengthwise
☐ 1 cup sour cream	☐ 1½ teaspoons vanilla extract

EQUIPMENT Bowl, Baking sheet, Sauce pan, Baking paper, Oven, Whisk, Mixing bowl

Method

- 1

Preheat oven to 375 degrees F (190 degrees C). Grease baking sheets or line with parchment paper.
- 2

Stuff a split piece of pecan half into each date. Beat 6 tablespoons butter and brown sugar in a mixing bowl until creamy; beat egg yolks into mixture until thoroughly combined.

- 3 Whisk flour, baking soda, and baking powder together in a separate bowl and gradually mix into moist ingredients, alternating with sour cream. Stir dates into dough to coat and use 2 tablespoons to pick up 1 date plus enough dough to cover. Drop dough and date onto prepared baking sheet; use the 2 spoons to shape dough around each date to cover.
- 4 Bake in the preheated oven until cookie is golden brown, 7 to 9 minutes. Cool.
- 5 Melt 6 tablespoons butter in a saucepan and heat until butter is golden brown in color and gives off a nutty fragrance, about 2 minutes. Stir confectioners' sugar, vanilla extract, and milk into hot butter and mix until frosting is smooth. Working quickly, spread warm frosting onto each date cookie. Frosting will set quickly and become hard to spread as it cools.

Nutrition per serving

112	1 g	3 g	20 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1.6 g · 10% of daily needs
Fibre			0.8 g · 3% of daily needs
Sugar			14.6 g · 16% of daily needs
Sodium			38.9 mg · 2% of daily needs
Cholesterol			18.8 mg · 6% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/soft-buttery-date-drops-147982